

VALLEY STRIDERS
CROSS COUNTRY INVITATIONAL
2006
Peirce College

Date: Saturday, September 30, 2006 @ 8:30 a.m.

Time: Walk through will begin at 08:00 a.m. The first race will be at 8:30 a.m. Race's will start aprox. every 15 min. and will overlap. Youth and Intermediate will race at the same time.

Divisions & Distance:

SUB-BANTAM	(1998 and under)	2000M
BANTAM	(1997-1996)	3000M
MIDGET	(1995-1994)	3000M
YOUTH	(1993-1992)	4000M
INTERMEDIATE	(1991-1990)	4000M

Entry Fees: Three Dollars (\$3.00) per athlete, Team entries are \$10.00 for each team entered. A Team will consist of at least 3 athletes and a maximum of 5 runners per team to be eligible for team awards.

Awards: Place Ribbons will be given to 4th thru 8th place, participant ribbons will be given to all athletes

Trophies will be awarded to 1st, 2nd and 3rd place individuals

Teams will be awarded to first place only.

Address: 6201 Winnetka Ave., Woodland Hills, California 91371, the cross country course is next to the track.

Registration begins at 07:30 a.m. and ends at 09:30 a.m.

Pre-registration helps, please send athlete rosters in Hy-Tek Team Manager format to Lou Ann Granger at granger24@comcast.net before Wednesday September 27.

You may get a free demo copy of team manager from <http://www.hy-tek ltd.com/downloads.html>

For more information please call Alan Bingham @ (661) 755-6197
(I will be out of town beginning 9/29. Calls will not be taken the day of meet)